



Lieutenant John Armstrong applies the AED pads to the manikin during a training drill.

Broadview Fire Department

teaches the

Friends and Family, HeartSaver AED and Healthcare Provider

# Broadview Fire Department CPR Classes

Firefighter Matthew Borch

2011 Annual Report

Cardiopulmonary resuscitation -- commonly shortened to CPR -- is used to save patients thought to be in cardiac arrest. According to the American Heart Association, "when cardiac arrest occurs, the heart stops pumping blood. CPR can support a small amount of blood flow to the heart and brain to 'buy time' until normal heart function is restored." The combination of chest compressions and rescue breathing can save lives, but it's important that CPR be administered properly. That's where training comes in.

CPR involves chest compressions at a rate of at least 100 per minute in an effort to create artificial circulation by manually pumping blood through the heart. In addition the rescuer may provide breaths by either exhaling into their mouth or utilizing a device that pushes air into the lungs. The process of externally providing ventilation is termed artificial respirations. Current recommendations place emphasis on high quality chest compressions over artificial respirations and a method involving only chest compressions is recommended for untrained rescuers.





CPR alone is unlikely to

CPR alone is unlikely to restart the heart; its main purpose is to restore partial flow of oxygenated blood to the brain and the heart. It may delay tissue death and extend the brief window of opportunity for a successful resuscitation without permanent brain damage. An administering of an electric shock to the heart, termed defibrillation is Usually needed to restore a viable or “perfusing” heart rhythm. Defibrillation ventricular tachycardia, rather than asystole or pulse less electrical activity. CPR may however induce a shock able rhythm. CPR is generally continued until the person regains return of spontaneous circulation or is declared dead.

IN 2010 the American Heart Association updated their CPR guidelines. The importance of high quality CPR (sufficient rate and depth without excessively ventilating) was emphasized. The order of interventions was changed for all age groups except newborns from airway, breathing and chest compressions, An exception to this recommendation is for those who are believed to be in a respiratory arrest (drowning, etc.).

CPR Training is available at the Broadview Fire Department. Classes can be taught at the fire department and at local business in town. Classes available are, Friends and Family, Heartsaver AED and Healthcare Provider. No charge for residents, Fifty dollars for non – residents. Please call FF/PM MATT BORCH at (708) 343-6124 to register for the next class.

Respectfully submitted,

*Matt*

Matt Borch  
Firefighter/Paramedic

**Broadview Fire  
Department  
provides CPR  
Training.**

**Contact FF. Matthew  
Borch at 708-343-  
6124**